

# Teen-Care *news*

UAHC Health Plan of Tennessee, Inc.

## Smoking Hurts Your Teeth and Overall Health



**M**ost of you know that smoking is bad for your health. Tobacco in all forms not only hurts your health but causes many dental problems. Smoking is the most common cause of lung cancer. Smokeless tobacco also causes mouth cancer, tooth loss, and other health problems.

Using tobacco increases your risk for oral cancer, gum disease, cavities, and hot/cold sensitivity. Tooth stains from tobacco cannot be removed by regular brushing and can cause a buildup of tartar. Staining and tartar buildup could mean more dental cleanings.

Tobacco is very harmful for teens

because your body is still growing and changing. The 200 known poisons in smoke affect how you grow and can cause diseases.

Did you know that tobacco causes:

- Cavities
- Bone loss
- Bad breath
- Mouth sores
- Hairy tongue
- Shrinking and bleeding gums
- Loss of taste and smell
- Clothes and hair to smell
- Teeth and fingernails to yellow
- You to look pale and unhealthy
- A hacking cough
- Your energy for sports and other favorite activities to be zapped
- Even death

If you don't use tobacco, don't start. If you are using tobacco and want to quit, here are some helpful hints to get you started:

- Set a quit date.
- Put it on paper.
- Hang out with friends who don't smoke.
- Practice saying no.
- Be prepared for cravings.

- Join a support group.
- Consider stop-smoking medications.
- Learn from your mistakes.
- Talk to your parents—they can help.

**If you have TennCare, you have TENNderCare (EPSDT) dental services until you become 21 years old.** These services include FREE regular 6-month checkups, fluoride treatments, and sealants.

If you have TennCare, call Doral Customer Service at **1-888-233-5935**. Or, visit **www.doralusa.com** for:

- Help finding a dentist
- Questions about your TennCare dental benefits
- Help with interpretation and translation
- Help with a ride to the dentist \*



## Need a Ride?

If you need help to schedule a ride to your doctor or health department, call **1-800-876-9758** for Member Services.

# Household Cleaners: Not for Sniffing

## High Price Paid for a Cheap 'High'

**S**niffing. Huffing. Bagging. Whatever you call the practice of inhaling the chemical vapors of common household items to get a mind-altering effect, the practice can be deadly.

Inhalants are very effective poisons. They enter the bloodstream quickly and are then distributed throughout the brain and body. They have direct effects on the brain and spinal cord, as well as the nerves throughout the body. They may be addictive.

### How Severely Can Inhalants Harm You?

Inhalants can affect your ability to:

- Think
- Talk
- Remember
- Hear
- Walk

In addition, they can cause convulsions and damage to the:

- Lungs
- Liver
- Kidneys
- Heart
- Bone marrow
- Muscles

**For help with a drug problem, call your doctor. Or call UAHC Member Services at 1-800-876-9758 for the number for free behavioral health or substance abuse help.**

### One Time Could Be the Last Time

Just one time can be one too many with inhalants, according to the National Institute on Drug Abuse. In an otherwise healthy person, a single session of abusing highly concentrated amounts of certain inhalants can lower oxygen levels enough to cause death.

Popular inhalants include a variety of household, beauty, and office products, from paint thinners to solvents in magic markers to aerosol sprays to fingernail polish—to name a few.

Nitrous oxide, also known as

laughing gas, can be as dangerous as any other inhalant when abused. When used as a painkiller in a dentist's office, nitrous oxide is mixed with oxygen. Nitrous oxide that fills balloons is usually in its pure form and can be dangerous when inhaled. Another popular balloon filler, helium, can also be dangerous to inhale. So play it safe—skip the silly voice.

It's important to let your friends know the dangers of sniffing toxic vapors. \*

*Source: The National Institute on Drug Abuse*



**Assurance of Nondiscrimination:** No person on the grounds of handicap and/or disability, age, race, color, religion, sex, or national origin shall be excluded from participation in, denied benefits of, or be otherwise subjected to discrimination under any program or service provided by UAHC Health Plan of Tennessee, Inc. Do you have more questions? Do you need more help? You can make a free call to the Family Assistance Service Center at **1-866-311-4287**. In Nashville, call **743-2000**. You also can visit our Web site at **www.uahctn.com** and click on "Members." Then click on "Member Handbook" to read more information about your rights as a UAHC member.

## Straight Talk Just for Guys *When Losing Your Cool Isn't*

It is totally normal to be angry sometimes—everyone gets mad at some point. And as a teen, the changes in your body can cause you to feel mad for what seems like no good reason sometimes.

The idea is to deal with your anger in a good way. Cool down first, and then focus on positive ways to fix the problem. This will help you to deal better with the people in your life, and you can even earn more respect along the way. So, the next time something really has you fired up, try these steps:

**1.** Try to calm yourself down before doing or saying anything. When

**Remember, if you are a UAHC member under age 21, visits to your primary care provider (PCP) are free under the TENNderCare Program.**

*Note to girls: Guys aren't the only ones who get angry. You can try these tips, too!*

you are afraid that your anger will get the best of you, try exercising. Taking a walk or going for a run will get your mind off the problem. Sometimes you just need to get away for a while and cool down.

**2.** Tell the other person why you're angry and how you feel. What we say when we are angry can hurt more than anything else.

So, think about what you're going to say before you say it. Make sure you're not saying something you are

going to feel bad about later.

**3.** Try to think about the reason you're angry. We often become angry because of other people's actions. But most of the time, these people didn't act out of spite. They just weren't thinking about how their actions may hurt others. Be honest with yourself and admit that you can be mean at times yourself, and then be willing to forgive.

The next time you feel really angry, ask yourself if the reason you're angry is going to be important to you years from now. If not, just let it go. \*

## Straight Talk Just for Girls *Breast Health*

Good news! Breast cancer is rare in teenage girls.

But what about all of those lumps and bumps? Not to panic. This is common as your breasts develop and grow.

Breast cancer is probably the farthest thing from your mind. However, it's a good idea to develop some good practices for good breast health in the future. If you become familiar with the normal look and feel of your breasts now, you will be able to tell if there are changes later.

You should start doing monthly self-exams of your breasts at ages 18 to 20, or ask your doctor

when you should begin. And ask your doctor the best way to do self-exams.

Do your self-exam at the same time every month. About a week after your period is a good time since your breasts are less tender then. If you feel a lump that does not go away, check with your doctor.

Unless your doctor tells you,

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teenagers do not need to get a mammogram, an X-ray of the breast.

According to the American Cancer Society, the risk of getting breast cancer increases as you get older. Plus, just being a female is the main risk factor for getting breast cancer. Men can also get breast cancer, but the disease is about 100 times more common among women than men.

Although you can't do anything about your gender or aging, you can help reduce your risks of getting breast cancer by eating a healthy diet and getting plenty of exercise. \*

# Exercise Doesn't Have to Be a Pain

If the very thought of exercise brings to mind images of torture and turns your stomach, read this. **Exercise does not have to be painful to give you health benefits.** And the health benefits are many. Of course, some muscle soreness is common in the beginning of an exercise program. After the unused muscles get used to activity, soreness will be a thing of the past.

Being physically active may:

- Help you control your weight, build muscle, and reduce body fat
- Strengthen your bones
- Increase flexibility and balance
- Improve your self-esteem and mood
- Help you sleep better
- Help you focus in school

## So, You Hate to Exercise. What Can You Do?

You do not have to play a sport

or go to a gym. There are a lot of things you can do to be more active:

- Do sit-ups or jump rope while watching TV.
- Lift light weights to strengthen your muscles.
- Jog around the block or walk fast around the mall a few times.
- Help carry groceries, clean the house, cut grass, do garden work, rake leaves, or wash the car.
- Take the stairs instead of the elevator.
- Take your dog for a walk.
- Ride your bike instead of driving or getting a ride from your parents or a friend.
- Make a list of things you like to do to be physically active. Hang it in your room as a reminder. Keep track of your progress. \*

*Source: National Institutes of Health*

**UAHC wants to keep you informed of any changes that might affect your health coverage.** Please give us a call at **901-260-4400** or **1-800-876-9758** to tell us your new address if you move. To request EPSDT information in Braille, audio, or any other format, give us a call at the above-listed numbers.

**UAHC Health Plan of Tennessee, Inc.**  
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## Important Numbers

### 24-Hour Nurse Hotline

**1-800-876-6498**

### Member Services

**901-260-4400** or

**1-800-876-9758**

### Hearing Impaired

**1-800-876-9763**

### To get help with Dental or Pharmacy services, please call:

Doral Dental Services

**1-888-233-5935**

Pharmacy Services

**1-888-816-1680**

### Need a Translation?

Interpretation and translation services are FREE to the enrollee. Please call Member Services at **901-260-4400** if you live in Shelby County or **1-800-876-9758** if you live outside Shelby County.

### Need to report a change?

Have a question? Need help? Call us. The Family Assistance Service Center: **1-866-311-4287**. In Nashville, call **743-2000**.

### Need a TENNderCARE Appointment or Transportation?

We can help! Call Member Services at **901-260-4400** or **1-800-876-9758**. Be sure to ask for extension **4495** or **4464**.

### Servicios al miembro

(Marque 2 para español)

**901-260-4400** ó **1-800-876-9758**.

**Have you been treated unfairly?** You have the right to file a complaint. Call **1-800-876-9758**.

**¿Le han tratado injustamente?** Tiene derecho a presentar una queja. Llame al **1-800-876-9758**.



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